



"One Team, Supporting Military Missions and Family Readiness!"



ARMY BIRTHDAY/FLAG DAY CELEBRATION
June 14, 10 a.m. at the FSH flagpole



Photo by Esther Garcia

Artist William "Bill" Klienedler presents a signed Combined Federal Campaign poster to Col. Mary Garr, 502nd Mission Support Group/Garrison commander, after the poster unveiling ceremony June 2 at the Warrior and Family Support Center.

Wounded warrior designs poster for United Way, Combined Federal Campaign

By Lori Newman
FSH Public Affairs

The United Way, in conjunction with the Combined Federal Campaign, held a ceremony June 2 at the Warrior and Family Support Center to unveil the 2010 campaign poster.

The poster was designed by William "Bill" Klienedler, a 15-year Army veteran and wounded warrior.

Wounded in Iraq in 2006, Klienedler spent three years rehabilitating at Brooke Army Medical Center.

"I was recovering from my burns and learning how to hold a pencil again. Through rehabilitation, I learned how to grip my hands and fingers; eventually I was able to pick that pencil back up and start drawing," Klienedler said.

He said he was very lucky to sur-

vive. "It brought me to a new prospective on life; it brought me to the realization that life is very, very precious and that we cannot waste our time mingling about, we need to do something."

"I have been drawing since I was a child. I just never thought my artwork would go anywhere, but I pursued it my entire life," he said.

See CFC POSTER P9

Bogus tourniquets could endanger lives in combat situations

By Steve Elliott
FSH Public Affairs

Counterfeit models of the U.S. Army's Combat Application Tourniquet are available on the Internet and on the open market.

Using the counterfeits can be lethal and the Army considered this enough of a problem to send out a priority message April 14 sounding the alert on these bogus devices.

"While I haven't seen any of these counterfeits in use, I have seen a few ordered by logisticians more interested in cutting costs than in quality control," said Col. John Kragh, U.S. Army Institute of Surgical Research at Fort Sam Houston.

"The Combat Application Tourniquet is standard issue to all deploying Soldiers. It's in each Soldier's Individual First Aid Kit pouch."

See TOURNIQUET P10



The authentic tourniquet has a manufacturing date stamped on it (bottom).



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Celebrating the U.S. Army's birthday – 235 years of strength

By Lt. Gen. Guy Swan III
ARNORTH and FSH Commander



Lt. Gen. Guy Swan III

Scores have joined together to celebrate an institution, uniquely American, yet older than the nation itself. June 14 is our United States Army's birthday and I want to share with you why I think it is so special and what I think our obligations are this many years later.

For 235 years our nation, born of noble ideals, bonded by the blood of patriots and shining as a beacon of hope to the oppressed, has drawn its strength from her Army.

We are justifiably proud to sing the words of its song of praise: "First to fight for the right, and to build the nation's might, and the Army goes rolling along. Proud of all we have done, fighting 'til the battle's won ..." Let us all be vigilant now, here and abroad, just as our forefathers surely had to be.

It is a testament to the professionalism of our service and our institutional values that we have sustained the support of our fellow citizens.

Such is uncommon among armies of the world. So take pride. Uphold her standards. Continue to pass along the traditions that are unique to our great Army and its values.

As members of this service, we owe it to those who have come before us to understand what made it endure and flourish.

We should study our Army and its past and share its merits with oth-

ers. The Army has established a wonderful website at <http://www.army.mil/reading/235>. Check it out, read and enjoy. And study our history.

A great list of books worth reading is listed by the Army Center for Military History at <http://www.history.army.mil/reading.html>.

Let me close by saying that I think that it is noteworthy that we share June 14 with another American tradition. Here I refer to our Flag Day, annually observed June 14 owing to that day when, in 1777, the Continental Congress proposed a national flag.

Thought of the Week

If something goes wrong, it is important to talk about who is going to fix it than who is to blame.

— Francis J. Gable

(Source: Bits & Pieces, June 2009)

The significance of course is that were it not for one, then there may not have been the other.

It seems fitting when I see a Soldier in a joint color guard, bearing those grand colors, uniting the Army and our

flag in glory just as they have from the beginning.

So again, to every Soldier and civilian that has ever served and to our beloved armed service, happy birthday and thank you for being the strength of the nation.

Weekly Weather Watch

	June 10	June 11	June 12	June 13	June 14	June 15
San Antonio	90° Chance of T-storm	92° Partly Cloudy	94° Partly Cloudy	94° Partly Cloudy	94° Partly Cloudy	94° Partly Cloudy
Kabul Afghanistan	87° Clear	87° Clear	84° Clear	86° Clear	84° Scattered Clouds	80° Scattered Clouds
Baghdad Iraq	107° Clear	114° Clear	116° Clear	114° Clear	116° Clear	118° Clear

(Source: Weather Underground at www.wunderground.com)

News Briefs

SMA Van Autreve Wreath Ceremony

Sergeant Major of the Army Van Autreve wreath laying ceremony, June 11, 5 p.m. at Fort Sam Houston National Cemetery.

Army Birthday/Flag Day

A 235th Army Birthday/233rd Flag Day ceremony will be held June 14 at 10 a.m. at the post flagpole. The guest speaker is District 10 Councilman John Clamp.

106th Signal Brigade CoR

A change of responsibility and retirement ceremony will be held June 14, 1:30 p.m. at the Fort Sam Houston Quadrangle. Command Sgt. Maj. Jacqueline Halton will relinquish responsibilities to Command Sgt. Maj. Derrick Taylor. In the case of inclement weather, the ceremony will be held at Army Community Service.

106th Signal Brigade CoC

A change of command ceremony will be held June 15, 10 a.m. at the Fort Sam Houston Quadrangle. Col. Chris Miller will relinquish command to Col. Chris Haigh. In the case of inclement weather, the ceremony will be held at Army Community Service.

Mandatory NAF Benefits Briefing

What happens to my Army NAF benefits when we joint base? Ron Courtney, chief, Army NAF benefits and Gloria Mick, chief, Air Force NAF benefits will present a joint briefing on June 15 and 16, Sam Houston Club (Bexar Ballroom), Building 1395 on Chaffee Road, behind the Campbell Library. Briefing schedule is 9:30-11:30 a.m.; 1:30-3:30 p.m.; and 5:15-7:15 p.m. Attendance at one of these briefings is mandatory for all Fort Sam Houston employees participating in any of the Army NAF benefits programs such as retirement, 401(k), health insurance, life insurance, long term

See NEWS P4

Korean War veterans visit post

Photos by Esther Garcia



Marine Corps Korean War veterans salute as the 4th Reconnaissance Battalion color guard present the colors following a wreath laying ceremony at the Korean Memorial located in San Antonio. Chaplain (Lt. Col.) James Caraway from Fort Sam Houston delivered a prayer in honor of those members who gave lost lives during the Korean War and to remember the members of the H37 1st Marine Division who have passed on.



Sgt. Ivan Gonzalez, armorer for the 4th Reconnaissance Battalion, describes the latest and greatest in sniper rifles and machine guns to Marine Corps Korean War Veterans during a visit of the battalion June 4.

Fischer bids farewell, Hudson takes command of 264th Med. Bn.

By Lori Newman
FSH Public Affairs

Soldiers of the 264th Medical Battalion stood in formation on MacArthur Parade Field waiting for their new commander to take charge the morning of June 4.

With the passing of the colors, Lt. Col. Scott Fischer relinquished command of the battalion to Lt. Col. Timothy Hudson.

"Lt. Col. Scott Fischer is a proven leader. He is smart, works hard and takes care of Soldiers on every single issue," said Col. Randall Anderson, commander of the 32nd Medical Brigade. "He has excelled as a mentor to all those in his command. Scott, you can be extremely proud of the

battalion and how you leave it today."

Anderson thanked Maj. Michelle Fischer for supporting her husband, the battalion and the brigade and congratulated her on her upcoming retirement from the Medical Service Corps.

"Lt. Col. Hudson is a great leader, dedicated to developing the finest military medical personnel in the world. We welcome the Hudsons and look forward to the next two years under his leadership," the brigade commander said.

Fischer thanked the commanders within the Army Medical Command for the opportunity to come to San Antonio and command "the finest battalion in the inventory."

He also thanked the officers, Soldiers and

civilians of the 264th Med. Bn. for their professionalism, dedication and sacrifice, and their willingness to go the extra mile for Soldiers.

"They deserve the best and you have delivered," he said.

Then Fischer emotionally thanked his wife and four daughters for their love and support.

"I know the 264th is in capable hands," he said.

Hudson thanked Fischer saying, "We will build on your legacy."

"I look forward to working with you and serving you," Hudson said to the Soldiers of the 264th Med. Bn. "Thank you for your work and your commitment to our critically important mission."



Photo by Lori Newman

Col. Randall Anderson (right), commander of the 32nd Medical Brigade, passes the colors to Lt. Col. Timothy Hudson charging him with command of the 264th Medical Battalion during a ceremony June 4 on MacArthur Parade Field. Lt. Col. Scott Fischer (center) was the commander of the battalion since May 2008.

News Briefs

NEWS from P3

care insurance, flexible spending account.

Family Fun and Safety Day

A Family Fun and Safety Day will be held June 23 from 9:30-2 p.m. at Army Community Service, Building 2797 and on MacArthur Parade Field. There will be health and safety demonstrations and training, motorcycle and driving safety, the dangers of drinking and driving, animal safety, energy conservation and more. Plus, live entertainment, a petting zoo, free food, contests and prizes. Call 221-4543 or 221-0012 for more information.

5th Medical Recruiting Battalion

A change of command ceremony will be held June 24, 9 a.m. at the Alamo. Lt. Col. Rick Dickinson will relinquish command to Lt. Col. Carlene Blanding.

Medical Service Corps Birthday

Celebrate the 93rd Birthday of the Medical Service Corps July 1, noon-4 p.m. at the Lincoln Military Housing Main Resident Center, 407 Dickman Road. Bring the family and your swimming suits, lunch will be served noon- 1 p.m. Hosted the Silver Caduceus Society. Reserve by June 23, e-mail office.chief.msc@us.army.mil.

BAMC Family Medicine Moving

Brooke Army Medical Center Family Medicine Services is moving to the new Fort Sam Houston Primary Care Clinic in July. The new clinic is located on the corner of Schofield Road and Garden Avenue, across from the McWethy Troop Medical Clinic. Call 916-9900 to make or cancel an appointment. Call 916-3000 or 808-3000 to request a prescription renewal, leave a message for your provider, or to speak to an advice nurse.

Beluga whales teach Soldiers to build, improve, sustain inter-service relationships

By L.A. Shively
FSH Public Affairs

Sgt. 1st Class Burt Hensley could not stop grinning from ear to ear as he stared at a photograph of a beluga whale kissing his cheek. He was not alone.

Hensley and nine of his fellow Soldiers from the Department of Medical Sciences floated, danced and shook “fins” with beluga whales during a unique team-building event in cooperation with Northwest Vista College and SeaWorld.

At the end of the session each Soldier received a photo of a whale “kissing” his or her cheek.

Interaction with the whales was part of Whale Done!™ The Power of Positive Relationships program that includes six hours of classroom training followed by two hours in the pool with whales.

Based on the principles of positive reinforcement espoused by Ken Blanchard and his coauthors from SeaWorld in a book by the same name, the program utilizes the techniques animal trainers use to influence human relationships, motivation and productivity in the workplace.

“This program is an excellent tool because it’s a change-agent model,” said Tracy James, an instructional systems specialist with the METC Transformation Integration Office.

“The main point of the training is to equip our [noncommissioned officers] and officers with tools to build, improve, and sustain inter-service relationships and model that behavior to our students and customers as most of DMS courses migrate into METC,” James said.

Hensley said the program provided him with tools he can



Photo by L.A. Shively

Staff Sgts. Lookmon Omisola, Rebecca Donald and Sgt. 1st Class Burt Hensley get a hands-on lesson on beluga whale anatomy with SeaWorld Trainer Megan Medina (left) during the in-pool session of a team building program.

use that will affect the way he counsels Soldiers; and the fact that those he counsels are leaders will double the program’s effectiveness.

“It will be a chain reaction down the line,” said Hensley, who is currently with DMS Physician Extender Branch and Respiratory Therapy.

“What we teach is to redirect the negative energy,” said Valerie Fluellen, an adjunct instructor with Northwest Vista College who taught the classroom portion for the Soldiers.

“Interaction with the whales reinforces the learning. For example, the three second pause is similar to the redirection response – you don’t focus on the negative behavior, you change it, turn it into a positive.

Unacceptable behaviors or mistakes from whales trigger

what Megan Medina, a trainer with SeaWorld, called the least reinforcing scenario, where they are still for three seconds; offering only a boring neutral response.

Acceptable behaviors elicit food, toys or other devices that communicate the trainer’s satisfaction causing the animals to increase that behavior.

“If a whale is given the hand signal to sing and it does a hula dance that is not the behavior requested and the trainer will be still, offering no enticement, then try again,” Medina said.

“If the correct behavior is not elicited on the second request, the trainer will try a different tact perhaps requesting a totally different behavior.”

Human behavior can be redirected as well. “Rather than creating a “got-cha” response,

you’re looking for what’s going well. And when mistakes happen, redirect the negative energy, turning it into something positive,” Fluellen said. “It mirrors what the trainers do.”

The management techniques fit well with DMS mission James said. “We are hard line in our field environment. But in our garrison environment we need to take a different approach, especially with the services meshing together.”

She said the program is being received by the military in a very positive way.

“This class helped us to focus on the positive and stop behavior that will negatively impact students if they become discouraged and want to get out of school,” said Sgt. 1st Class Cami

Top Air Force NCO visits Fort Sam Houston



John Wolf, computer lab instructor at the Warrior and Family Support Center, briefs Chief Master Sgt. of the Air Force James Roy and his wife, Paula about the facility and services offered to wounded warriors and their Families as part of a visit to Fort Sam Houston June 4.



Command Chief Master Sgt. Kevin Lambing introduces Army, Navy and Air Force noncommissioned officers to Chief Master Sgt. of the Air Force James Roy and his wife, Paula, involved in planning Medical Education Training Campus programs of instruction for allied healthcare training courses and staff and faculty support activities. Lambing introduced the METC command briefing that provided Roy and his wife background on the mission and facilities under construction, such as the new dormitories, that support students' quality of life during training.



Photos by Esther Garcia

Paul Matthews (right), director, Family and Morale Welfare and Recreation, and Ben Paniagua, manager for the Hacienda Recreation Center, brief Chief Master Sgt. of the Air Force James Roy and his wife, Paula on the entertainment services and other morale services offered to students at the Army Medical Department Center & School.



During a visit to the Institute of Surgical Research, Chief Master Sgt. of the Air Force James Roy and his wife, Paula, observed ongoing burn and amputation research supporting medical treatment and rehabilitation of combat casualties.

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Strong Families equal strong ARNORTH command

By Sgt. 1st Class Manuel Torres

ARNORTH Public Affairs

U.S. Army North hosted its inaugural Family Readiness Group May 18 as the command's leaders and Family members gathered around the main conference room in the historic Quadrangle.

The FRG meeting provided the attendees an opportunity to introduce themselves and share information as they combined their efforts to enhance the effectiveness of the unit by ensuring an essential element of the Army North team – its Families – are kept informed and are provided an avenue to provide feedback to its command team.



U.S. Army North Family Readiness Group members discuss upcoming events and activities for ARNORTH Families to attend during ARNORTH's inaugural FRG meeting May 18 at the command's main conference room.

"This is more than mandatory meetings," said Col. Richard

Francey Jr., chief of staff, Army North. "This is essential in the suc-

cess of this unit. Successful units have strong FRGs, and it completes the total Army team."

FRGs provide more than just information to Civilians, Family members, spouses and children; they are vital in that they provide commanders avenues to assess the state of their commands by receiving feedback directly from the Soldiers, spouses and Family members on how the unit and the post can provide the valuable resources available.

"We need total support and effort from each and every Family member from this command," said Ginger Chun, Army North FRG leader. "It encourages unit and Family cohesion – not just for deployments but for any occasion."

Chun said assistance is paramount to the suc-

cess of the group and that there are a variety of opportunities for Family members to get involved in FRG positions.

"Without more volunteers, we can't support those Families whose members have to go away to support any type of natural disaster," she explained.

Francey said that although the command is not designated to deploy as a unit to either Iraq or Afghanistan, it can, on a moment's notice, be deployed anywhere in its area of operations to support any type of catastrophic event that occurs.

And it is when events such as this occur, he added, the FRGs are invaluable to both the command and its Families in the support they provide.

"When I was a former rear detachment commander, I couldn't have



Photos by Sgt. 1st Class Manuel Torres-Cortes

Ginger Chun, U.S. Army North Family Readiness Group leader, discuss upcoming events and activities for ARNORTH Families to attend during the command's inaugural FRG meeting May 18 at the headquarters' main conference room.

survived my command without the help and support of my unit's Family Readiness Group," Francey said.

Various resources are available on post that Family members may not even realize, said Chun, who said meetings such as this are vital for sharing some of that valuable information.

"This is a great way to meet new people and build great friendships," said Esther Pizano, during her first experience with a unit Family Readiness Group.

Those desiring to get involved in the unit FRG or to volunteer for a position are invited to visit the U.S. Army North Virtual Family Readiness Group website at <http://www.armyfrg.org/arnorth> to register. For more information e-mail gmainchun@google-mail.com.

Valet parking service to be available at BAMC

By Maria Gallegos
BAMC Public Affairs

Brooke Army Medical Center is gearing up to offer free valet parking service to all patients who have valid identification cards or scheduled appointment slips.

The service starts June 14 and will be offered Monday through Friday from 7:30 a.m. to 6:30 p.m. at the Medical Mall entrance to the hospital.

Patients using valet parking should enter through the I-35 gate.

Valet parking is not available on federal holidays or BAMC training days.

For visitors and patients who do not want to utilize this service, they may park their

vehicles in Parking Lot A, B (Binz-Engleman Gate) or Lot D (I-35 Gate).

Valet parking service is temporary and will be offered during the period of BRAC construction and renovation, ending after construction is completed.

BAMC will have 100 spaces available for valet parking and within two weeks, an additional 200 parking spaces will be available in the Lot D expansion.

"Parking has been difficult for both our staff and patients since BRAC construction began in earnest in 2008. By introducing valet parking for our valued patients, we expect to eliminate a major stressor associated with clinic appoint-

ments at BAMC," said Brig. Gen. Joseph Carvalho Jr., commander, Brooke Army Medical Center and Southern Regional Medical Command (Provisional).

"Our goal is to get the vehicle back to the customer within 10 minutes of waiting time and the valet drivers will not be accepting tips," said John Randecker, BAMC provost marshal officer.

Criminal background checks will be conducted on all valet parking contract employees and they must all attend a safety training class.

In addition, BAMC security officers will be on the ground to provide assistance until all contract measures are met.

For more information call 916-1493.



PX offers students making the grade a break on 'stuff'

According to the Department of Defense, children of active-duty military personnel attend, on average, six to nine different school systems from kindergarten to 12th grade.

As a military command with a motto of "we go where you go," the Army & Air Force Exchange Service is, understandably, attuned to the unique challenges military children face in their educational pursuits.

Beyond being a destination for school supplies

and clothes, the Post Exchange even offers an array of free and discounted products to students who excel in the classroom through its "You Made the Grade" program.

Now in its ninth year, AAFES' education rewards initiative is anchored by a booklet full of complimentary offers for students in grades one through 12 who maintain a "B" average or better.

The current booklet includes coupons for a free regular 6-inch combo meal from Subway and \$2 off any new release DVD. Each booklet also contains an entry form for a quarterly drawing in which three winners are randomly awarded savings bonds in \$2,000, \$3,000 or \$5,000 denominations.

"All authorized

exchange shoppers, who are full-time students, are eligible to pick up a booklet and register for the savings bonds every time they receive a qualifying report card," said the PX's Susan Nonamaker, Main Store manager. "The program offers a terrific practical learning experience for our military students; it pays to learn."

To receive the AAFES "You Made the Grade" booklet, students must present a valid military I.D. card and proof of an overall "B" or better average to the PX at Fort Sam Houston, Building 2420.

Students may receive one coupon package and enter the savings bond drawing for every qualifying report card. Call 225-5566 for more information.

(Source: AAFES)

Army's oldest living four-star general visits Army South

By Alex Delgado
ARSOUTH Public Affairs

Retired Gen. Ralph E. Haines Jr., the Army's oldest living four-star general and senior retired officer, paid a visit to U.S. Army South and the 470th Military Intelligence Brigade May 12.

The visit began with an Army South command brief provided by Brig. Gen. Manuel Ortiz, U.S. Army South deputy commander. "It is a tremendous honor to meet you," said Ortiz.

The briefings were held at the newly constructed Building 1070, also known as "New BAMC."

"We have been

watching the progress of the building construction," Haines said. "I'm glad we were able to come by and take a look at it."

Haines was accompanied by 15 fellow retirees from all branches of the U.S. military.

The group interacted with Ortiz as he gave his brief in which he discussed Army South's area of focus, organization, and ongoing missions and current operations.

Prior to beginning the brief, Haines reflected on some of his past experiences to include his time stationed at Fort Hood during the Cuban Missile Crisis.

Haines described

how serious the situation was and recalled seeing Soldiers loaded down with ammunition and tanks being fully loaded, ready to go to war.

Haines graduated from the U.S. Military Academy in 1935 and went on to serve more than 37 years in various positions including Vice Chief of Staff of the U.S. Army from 1967 to 1968, Commander of U.S. Army, Pacific from August 1968 to October 1970, and Commanding General of the U.S. Continental Army Command from 1970 to 1973.

In the 1960s, Haines realized there was a lack of sufficient training for Army



Photo by Alex Delgado

Retired Gen. Ralph E. Haines Jr. discusses his past military experiences with U.S. Army South Deputy Commander, Brig. Gen. Manuel Ortiz prior to a commander's brief highlighting U.S. Army South's current missions May 13.

NCOs, so he founded the Army NCO Education System. For this reason, he is sometimes referred to as the "Father of the United

States Army Sergeants Major Academy" in Fort Bliss, Texas.

Haines was also a strong advocate of relocating U.S.

Army South's headquarters from Fort Buchanan, Puerto Rico, to its current location at Fort Sam Houston in 2002.

CFC POSTER from P1

His first drawing after recovery was called, "Inspiration," a picture of a tree twisting and bending in the wind.

"I picked that because I wanted to show something of my gratitude for being alive and the inspiration and spirit of who we are." He said while he was drawing the piece a few people looked over his shoulder and thought it was good.

He was approached to do the sculpture hanging above the fireplace at the Warrior and Family Support Center. The 18-foot metal sculpture depicts a swarm of butterflies – a symbol of hope.

Kleinedler said that months later he received a call from the United Way to do the campaign poster.

The poster depicts a patriotic scene with local landmarks including the Riverwalk, the clock tower in the Fort Sam Houston Quadrangle and the Taj Mahal at Randolph Air Force Base.

"The original drawing is a mixture of water color, pen and ink, and graphite," Kleinedler said. "The poster is a direct reflection and a very personal piece for me – being military."

"The opportunity to have a poster made by one of our wounded warriors capturing the essence of San Antonio as Military City U.S.A. with the essence of all of our installations in San Antonio just brings it all together in one special moment," said Col. Mary Garr, 502nd Mission Support Group/Garrison commander.

"Having the poster

ceremony here at our Warrior and Family Support Center underneath the very sculpture that he created while he was going through his own healing process makes it that much more special."

"He's done a magnificent job. He's a warrior, he's a Soldier. He has served this country and deserves all of our gratitude and our thanks for his service," said retired Maj. Gen. Josue Robles Jr., president and chief executive officer of USAA and the 2010 United Way campaign chairman.

The CFC was established in 1961 by President John F. Kennedy as a once-a-year, workplace appeal to federal employees to contribute to charitable organizations. The CFC is the largest single fundraising campaign in the world.

"The Combined Federal Campaign has been around for a number of years to support the local communities across our nation in time of need. There are multiple organizations out there that benefit," Garr said.

"This is a way for our military to have a chance to contribute to the organizations that give back in so many ways to our military service members and their Families, as well as the local communities across our country."

"There is nothing better we can do with our lives, and our time and money, than to help people who are in need. This community likes to take care of itself and I totally support that and want to be a part of that," Robles said.

SEAWORLD from P4

Harris, with DMS Nutrition Care Branch.

"We have our way of dealing with Soldiers and each branch of the service does," agreed Staff Sgt. Shawon Tucker, also with Nutrition. "But this will help you step back and take a different route."

"It will help improve interaction with staff and the people we teach. It gives you the tools to get a better understanding of each other and become more sensitive to necessary interactions that need to take place," said Sgt. Earnest Sharp, who currently works in DMS Occupational Therapy Branch.

"When you work with animals you have to pay attention to their mannerisms.

"What you express in



Photo by L.A. Shively

Staff Sgt. Rebecca Donald and Seaworld Trainer Megan Medina dance with beluga whales during the in-pool session of the team building program Donald and nine fellow Soldiers attended.

terms of your body language they pick up on, they read."

It shows that you can teach people and shape behavior just by being, Medina said.

Still staring at his photo and grinning broadly, Hensley summed up his lessons learned from the program. "The way we approach a Soldier when he or she

makes a mistake is by helping the human to learn in a positive way just as interactions with the whales leaves a positive impression."

TOURNIQUET from P1

Kraugh explained the Army's concern with the counterfeits.

"The rod on the dummy tourniquet is bendable to a point where it cannot work right. It's like bending Gumby's arm," he said. "The makers do not market the item ostensibly as a medical device, but they sell it and package it like a retail item.

"The danger is if someone mistakes the fake for a real CAT or a real medical device," the colonel said. "That mistake could be fatal, since it cannot control bleeding."

A tourniquet is used to cut off the flow of blood to a part of the body, most often an arm or leg. It may be a special surgical instrument, a rubber tube, a strip of cloth, or

any flexible material that can be tightened to exert pressure.

In a case of bleeding emergency, a tourniquet is used to completely stop the flow of blood.

Meant as a temporary fix, tourniquets are not recommended to be used for more than 20 minutes

at a time because of the danger of congestion and gangrene.

The message said that the Defense Logistics Agency knows the fake items are available for purchase through non-Department of Defense websites, and that authorized DoD procure-

ment gateways will supply only the approved commercial part from authorized distributors.

If the counterfeits are found in any inventory, they should be replaced by the real thing and the counterfeit should be reported to that activity's logistical supply office.

"It's easy to get the right items using routine, professional supply channels," Kragh said. "If other channels are used, then it's easy to get the wrong stuff. It just takes a credit card and choosing the wrong online supplier."

The message said the phony tourniquet was first encountered several years ago in a depot in Afghanistan and was thought to have been purged from the system. At that time, the item was of obviously inferior construction and recog-

nizable as a counterfeit. Today, the product has been modified and is difficult to distinguish from the authentic CAT.

The Element Cat (E-CAT) is a very carefully made counterfeit CAT, manufactured in Hong Kong for \$8.50 each. It was designed to look, feel and act like the real thing.

The authentic item has a National Stock Number of 6515-01-521-7976 and has a unit cost of \$27.28.

"The markings appear to be a copyright or trademark infringement, and that is why law enforcement has become involved in the investigation," the colonel noted. "We have had a previous counterfeit CAT confirmed from the Middle East, but this was purged from the warehouses uneventfully a couple of

years ago."

As to why anyone would purchase the fake one while the authentic item is available through Army supply channels, the colonel had a possible explanation.

"The ordering system is decentralized giving initiative to low-level supply persons who can order what they think is best. An unknowing person could easily think that they are ordering a Combat Application Tourniquet online for a good price, but getting one cheap from China is too good to be true," Kragh said.

More information can be found on the U.S. Army Medical Materiel Agency website (<http://www.usamma.army.mil/assets/docs/CAT.pdf>).

An information line at 301-619-3548 is also



Courtesy photos

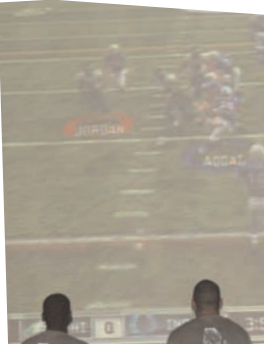
The difference in packaging between the real Combat Application Tourniquet (left) and the counterfeit model (right) is obvious.

232nd Medical Battalion Organization Day, Commander's Cup

The 232nd Medical Battalion held its' first-ever Commander's Cup and Organizational Day June 5. More than 2,800 Soldiers and cadre attended the event and 800 Soldiers competed in a variety of events including Ultimate Football, Litter Team Relay, Warrior Medic Road March, Volleyball, LMTV Pull, Basketball, Team Marksmanship and the Madden Football Challenge using the XBOX 360. Family and Morale, Welfare and Recreation assisting in sponsoring the event-filled day by showing movies at Evans Theater and bringing vendors into the parking lot near Building 1350 across from Evans Theater. Soldiers danced to music with a DJ and played a variety of games. Family members enjoyed spending time with the Soldiers. "It is great to win but you are all part of one team, you're a Soldier medic, you are out there to make it happen," said Lt. Col. Peter Lehning, commander of the 232nd Med. Bn.

The winners are:

Ultimate Football – Company D
Basketball – Company E
Volleyball – Company C
Litter Team Relay – Company A
Warrior Medic Road March – Company B
LMTV Pull – Company B
EST 2000 Team Marksmanship – Company D
Madden Football Challenge – Company E
The winner of the Commander's Cup Competition is Company B



Photos by Lori Newman

Couple donates sculpture

By Maria Gallegos
BAMC Public Affairs

A San Antonio couple donated a monumental bronze sculpture to Brooke Army Medical Center as a reminder of the past, present and future servicemen and women.

Local sculptor, Tom Morgan, designed the sculpture titled "Passing of the Colors."

It displays a young girl held by her father holding a small flag and a young boy next to them saluting. The statue stands 74 inches and had been placed in front of BAMC.

Morgan said he wanted to create a non-combatant figure for everyone to be able to touch, feel, admire and remember our military men

and women.

Living in San Antonio since he was 5 years old, Morgan was constantly reminded of the support the city has for our military.

He had lost close friends during World War II and felt he needed to do something to give back to veterans. Since Morgan's retirement in 2000, he began sculpting to raise funds to help benefit military servicemen.

"This piece is even more special to me personally because my great friend and fellow sculptor, Don Pogue collaborated with me to bring the image to life. Even though I did not have the opportunity to join the military, I always had admiration for military people," Morgan said.



Photo by Maria Gallegos

Tom and Frances Morgan of San Antonio donated the "Passing of the Colors" sculpture to Brooke Army Medical Center in honor of the past, present and future servicemen and women.

ARSOUTH names NCO, SOY

By Alex Delgado
ARSOUTH Public Affairs

Top noncommissioned officers and Soldiers from throughout Army South competed for the honor of being named U.S. Army South NCO and Soldier of the Year.

Sgt. Christopher Ray Basinger, 717th Military Intelligence Battalion, was named NCO of the Year May 27, while Spc. Joshua Prior Corbin, Army South G-2, was named Soldier of the Year.

The competition consisted of an Army Physical Fitness Test, pistol qualification, land navigation, various warrior tasks, a written examination, and a for-

See ARSOUTH P13



Photos by Alex Delgado

Spc. Joshua Prior Corbin, U.S. Army South G-2, uses his compass during the land navigation portion of the Soldier of the Year competition. Corbin placed 1st and will be representing Army South at the Department of the Army "Best Warrior" competition being held on July 25 in Fort Lewis, Wash.



Cpl. Cole William Borton, Joint Task Force Bravo, prepares to throw a grenade at a Warrior Task Testing station set up for the U.S. Army South NCO of the Year competition May 25.

ARSOUTH from P12

mal oral interview board. The participants were awarded points throughout the competition with the total points awarded determining the winner.

"This was an excellent experience that will enhance my career," said Pfc. Jonathan Edward Delucia. "Even though I didn't win this time, I will try again harder next year."

Basinger and Corbin will represent U.S. Army South during the Department of the Army NCO and Soldier of the Year "Best Warrior" competition to be held July 25 at Ft. Lewis, Wash.

"I appreciate all the

support I have received from my Family and from my sponsor," said Corbin. "I would not have been able to achieve what I have without them."

Sgt. Maj. Carolann Murray, acting U.S. Army South command sergeant major, served as president of the board during the formal oral interviews.

"I believe that this competition will serve as stepping stones for continued improvements," said Murray. "These Soldiers and noncommissioned officers are the future leadership of our Army."

The participants echoed common feelings of accomplishment and

pride in their performance during the competition.

"I'm proud of the way I was able to perform during this competition," said Basinger. "I exceeded every expectation I had set for myself."

First Sgt. Terry Vaughn, Company B first sergeant and 1st Sgt. Geoffery Long, Company A first sergeant, organized and conducted much of the testing for the competition.

"I believe this was the closest competition we have ever had here at Army South," said Vaughn. "This shows how great the Soldiers and NCOs are that participated here this week."

Protect eyesight at work, home

By Wayne Combs
USAPHC, Provisional

Statistics from the U.S. Army Public Health Command (Provisional), say the average Soldier who suffers an eye injury is an E3-E5, 20 to 24 year old male, struck by an object while performing combat soldiering, participating in sports, or doing maintenance, repair or servicing.

He is not wearing eye protection at the time of the injury; and he will lose an average of 6.1 workdays at an approximate cost of \$9,724 because of the injury.

Many of these injuries are avoidable. Always follow eye safety signs and procedures. Know what to do if a hazardous material splashes into the

eye. Know where the nearest eyewash station is and how to use it. Always wear approved eye protection for mechanical, chemical, biological or radiant energy (from such sources as welding, lasers or sunlight) hazards. Make sure eye protection is clean and in good shape.

For training and operational duties, a ballistic standard is required. Contact lenses should not be worn where there is smoke, dust or fumes, or when training or deployed. Eye hazards should be reported to supervisors. If an eye injury occurs, call emergency medical services immediately.

When outside, wear sunglasses that absorb

the sun's harmful ultraviolet rays. Both clear and tinted MCEP lenses provide UV protection. A broad-brimmed hat also helps protect the eyes.

When working on cars or around the house, be aware of the eye hazards. Mechanical hazards such as rust or flying objects, chemical hazards such as battery acid, and radiant hazards are common in the home shop. Remember to wear approved eye protection.

Additionally, have an eye exam every two or three years, or sooner as directed. Early detection and correction of eye problems is important. Above all, use common sense—protect your vision.

News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.

Mini-triathlon empowers wounded warriors

By Steve Elliott
FSH Public Affairs

The triathlon is considered one of the most grueling events in all of sports, pushing a person’s physical and mental stamina to the limit. Now imagine participating in one with a prosthetic limb or while recovering from severe burns.

On a sweltering springtime morning in San Antonio recently, more than 100 men and women showed that even though they are wounded, they are still warriors.

Competing in the 3rd Annual Center for the Intrepid Memorial Day MiniTry was a measure of moxie and mettle for the participants, who used the event to learn about different sports and how to stay motivated through what can be a lengthy rehabilitation process.

Participants included military members from all services injured during Operations Iraqi Freedom and Enduring Freedom being treated at Brooke Army Medical Center, Walter Reed Army Medical Center in Washington, D.C., and Balboa Naval Medical Center in San Diego, Calif. There were also wounded Soldiers from the Canadian army taking part in the three events.

Individual events included a 500-meter swim, 10-mile bicycle ride and a two-mile run/walk. While the events weren’t about who wins, they were about making everyone feel like a winner.

The idea for the mini-triathlon came about several years ago when a CFI physical therapy assistant, Troy Hopkins, returned from a triathlon in another state and suggested the idea for the wounded warriors.

“Troy thought if others can do it, why not our patients,” said Capt. Terrance Fee, CFI officer in charge for physical therapy and coordinator for this year’s event. “He thought this would be a great way to challenge our patients and have them participate in sports few have done previously. The staff agreed and the CFI MiniTry was born.”

“You never know what you can do until you give it a shot,” said 1st Sgt. Bobby Golden, who has spinal injuries. “Last year, I took part in two of the events, but this year I was able to do all three.”

Before the MiniTry took place, Golden’s smile and infectious enthusiasm rubbed off on his fellow athletes as he and his wife, Barbara, filtered through the crowd dispensing hugs, high-fives and encouragement to the other participants.

“This is a better turnout than last year,” said Golden, who broke his back in a fall from a two-story rope climb in 2008. “I loved physical training and participated in 10Ks, marathons and ‘death marches.’ This is just another part of life for me to get used to. I’ll be finished here in a few months and then I plan on retiring from the Army.”

Golden completed the bike event in 32 minutes and competed in the walk portion in a wheelchair in another 32 minutes. He said after he retires, he wants to volunteer at the Center for the Intrepid to help out wounded warriors like himself.

“It’s great to see more than 100 wounded warriors out here for this event,” said Brig. Gen. Joseph Carvalho Jr., commander of BAMC and the Southern Regional Medical Command (Provisional). “It helps build self-esteem and confidence and their ability to be able to get out and contribute.

“This is a challenge to mind, body and spirit,” the general added as he welcomed the participants at the Outdoor Aquatic Center. “Everyone is a winner and we will all cheer you on. I’ll be joining you for the run, and I’ll let you know now that I start slow and then taper off!”

The day before the mini-triathlon, the athletes took part in a sports clinic at the CFI on triathlon “basic training,” sports psychology, nutrition performance and also received instruction about transition techniques for cycling, swimming and running.

“We talked to the participants about energy management, mental skills and what it’s like to perform at extraordinary levels,” said Megan



U.S. Marines got each other pumped up and ready to go before the bike ride.



1st Sgt. Bobby Golden (No. 1973) is all smiles as he takes off on the 10-mile bike ride.

Mitchell, a performance enhancement specialist with the Army Center for Enhanced Performance at Fort Sam Houston. “If an athlete wants to change their performance, they have to change their thoughts.

“The body does nothing by chance,” Mitchell told the triathletes gathered in the bleachers on the fourth floor of the four-story, 65,000-square-foot building dedicated to the rehabilitation of injured Soldiers. “If you know how to change your way of thinking, you learn how the mind can truly have an effect on performance.”

Families were also encouraged to attend and participate in the cycling and walk or run events to give an added incentive and morale boost. The event was followed by a community barbecue for all participants, their Families and the volunteer staff.

“The Families have told us they appreciate that they could cycle, walk or run with their loved ones,” Fee said. “They really appreciate the opportunity to see their Family member being so physically active in this sporting event.”

Before the first event of the mini-triathlon, the 10-mile bicycle ride, the wounded warriors were strapping themselves into a variety of specially-made bicycles that were adapted for their particular needs, such as being equipped with arm pedals and special steering for bikers with leg prostheses.

“It kind of feels like a spaceship,” said Cpl. Joshua Sweeney, who was competing in his first mini-triathlon. “It definitely gives you a different view of the road.”

Sweeney, who has been seen at the Center for the Intrepid for six months, lost both his legs during a patrol in Afghanistan when he stepped on an improvised explosive device, or IED.

“Events like this are great for us because it gets you out of the barracks, keeps you active and gets you in a social situation,” Sweeney added. “The

staff at the CFI do a great job and give us any help we need.”

“The participants have told us the MiniTry it is fun to do and several said it’s a hell of a workout,” Fee said. “It’s a way to challenge themselves to do something they’ve never tried before.”

In addition to the staff, participants and Families that made the event a success, a number of other groups and individuals also added invaluable assistance.

“We had a lot of amazing people from several organizations help make this happen,” Fee noted. “We had a lot of help from Disabled Sports USA, Challenged Athletes Foundation, Paralympics, Fort Sam Houston Family and Morale, Welfare and Recreation, as well as USA Triathlon coaches Shelley Campbell and Bob Byard who all helped put on an great sports clinic and MiniTry event.

“Operation Comfort provided hand cycles, recumbent bikes, or road bikes as needed, as well as helmets for all. They also provided a fantastic Texas-style barbecue lunch and cold drinks for everyone on race day,” Fee said. “Thanks also go to our many civilian volunteers from the Alamo City Gator Club – a group of University of Florida alumni led by club president Ray McHale – which provided many volunteers and cheering sections along the different routes.”

As the wounded warriors crossed the finish line at each event, each had a wide smile knowing they achieved what they previously thought was impos-

sible.

“The ability to physically and mentally challenge themselves and reach the finish line of this event gives each of them a great sense of accomplishment,” Fee said.

“These people are either doing things they haven’t been able to do before or they are pushing themselves that much harder to test their limits and surpass their previous best.

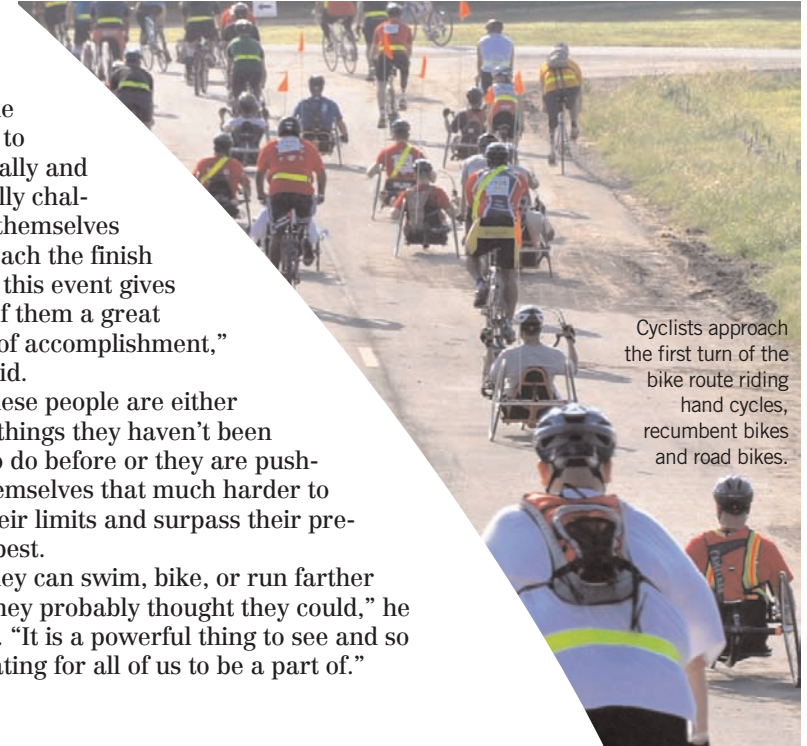
“They can swim, bike, or run farther than they probably thought they could,” he added. “It is a powerful thing to see and so motivating for all of us to be a part of.”



The ability to physically and mentally challenge themselves and reach the finish line of each event gave each participant a great sense of accomplishment.



As soon as participants got done with their 10-mile bike ride, they hit the pool for a 500-meter swim.



Cyclists approach the first turn of the bike route riding hand cycles, recumbent bikes and road bikes.



Cpl. Joshua Sweeney (left) talks with Brig. Gen. Joseph Carvalho Jr., (center) and Command Sgt. Maj. Donna Simmons before the bike portion of the mini-triathlon.



One entrant wears his determination on his back.

Laugh your way to a happier life

Chaplain (Lt. Col.) Scott Weichl
USAPHC, Provisional

Have you ever been told to “lighten-up” or not “take things so seriously?”

Most of us have, and we often do just the opposite of this wise counsel. What Soldiers do as warfighters is dangerous, serious business, yet most of the time – especially in garrison – we are doing boring, repetitive tasks.

Do you want to know a way to feel better about yourself, your workplace and possibly increase your health?

Researchers have found that humor and laughter actually strengthen the body against disease, reduce stress levels, lower blood pressure, increase energy levels and help improve relationships with others. Indeed, we need to become more serious about laughter!

Humor is used in medical and nonmedical situations to improve healing, maintain sani-

ty in a stressful world and also help deal with losses.

Over the years, I have realized that if I expected too much of myself, feelings of guilt and inadequacy overcame me when I thought I had not quite measured up.

The ability to lighten-up and laugh helped reduce the tiredness, irritability, feeling of helplessness, lack of productivity and higher level of stress that often accompanied this guilt.

By laughing at your difficulties, even in the most trying moments, you will not feel sorry for yourself. Rather, you will feel uplifted, encouraged and empowered – the core meanings of resiliency.

So:

- Daily humor: plan to use humor in your approach to everyday situations. A little planned humor for potential upsets and losses is like having a psychological insurance policy.

- Read/watch humor: reading humorous stories and watching



comedies is an excellent way

to improve your laughter skills. Readers Digest has two sections devoted to humor – “Laughter is the Best Medicine” and “Humor in Uniform.” The internet also has plenty of resources.

- Smile: remember to smile at yourself and others. Laughter is contagious, and humor can give you a sense of control in an otherwise powerless situation. Best of all, laughter is a free tool for improving mental and physical health. Laughter is one human response we were all born with, but work so hard as adults try-

ing to prevent.

Take advantage of the power of laughter for a new perspective both at home and at work. Use laughter to decrease your stress, increase your energy and maintain balance. Belly laughs are best (in my opinion), but develop a laugh that works for you.

Researcher Lee Berk of Loma Linda University said in a Los Angeles Times article that “the benefits of laughter are similar to exercise.”

Maybe we should all be laughing during Army Physical

FSHISD SUMMER WORK HOURS

FSHISD Administrative Office

June 7 – July 23

Monday through Thursday,
Closed Friday 7:30 a.m.-5 p.m.

July 26

Administrative Office resumes normal business hours, 5 days a week

Fort Sam Houston Elementary School and Robert G. Cole Middle/High School

June 7 – June 30

Monday through Thursday,
Closed Friday 8 a.m.-11:30 a.m.
12:30 p.m.-3 p.m.

July 1 – July 23

School Offices Closed

July 26

School Offices resume normal business hours, 5 days a week

Special Education Military Co-operative

June 7 – June 30

Monday through Friday
7:30 a.m.-4 p.m.

July 1 – July 23

Cooperative Office Closed

July 26

Cooperative Office resumes normal business hours, 5 days a week

News Leader survey online

Visit <http://www.samhouston.army.mil/PAO>. For more information, call 221-0615 or 221-2030.



Have feedback for a post customer service provider?

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FSH - youth explore history, listen to Soldiers' stories



Photo by Lori Newman

Students from Osbourne Elementary School in Houston are mesmerized as Lt. Col. Mark Carder, chief, Medical Zoology Branch at Army Medical Department Center & School shows them a hissing cockroach during a tour of the zoology department May 6. The students also visited the post museum and participated in a scavenger hunt in the museum.



Photo by Esther Garcia

High School students from New Orleans, Louisiana made Fort Sam Houston their first place to visit as part of their spring trip to San Antonio June 1. The students, who for some was the first time to step on a military installation, spent the morning visiting the Army Medical Department Museum, the post gym and the post museum.

Zachery Baldwin, with the Gary Job Corps in Austin, looks at an operating room display in the Army Medical Department Museum June 4 as part of a tour of Fort Sam Houston. The 38 students also visited the Director of Combat Medic Training department and enjoyed lunch at Rocco Dining Facility. Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through career technical and academic training.



Photo by Lori Newman



Sgt. Kevin Rose, Headquarters and Headquarters Company, U.S. Army Garrison, provides a briefing and tour of Benner Barracks to St. James High School Wildcats ROTC cadets from Louisiana June 5. The cadets were in San Antonio on their annual spring trip and stopped to visit historic Fort Sam Houston as part of their trip. The cadets toured Jimmy Brought Fitness Center and received a lesson on military history at the post museum.

Photo by Esther Garcia

"CHUCK" CO-STAR WELCOMES FAMILIES AND FRIENDS TO THE NEIGHBORHOOD



Photo by Amanda Stephenson

Command Sgt. Maj. Raymond Houston welcomes Mark Christopher Lawrence, who plays "Big Mike" on NBC's "Chuck," to Fort Sam Houston during the Welcome to the Neighborhood event June 4 at the Sam Houston Club. Houston presented Lawrence with a Fort Sam Houston coin to commemorate his trip, which also included a visit to the Warrior and Family Support Center and the Post Exchange.

SOLDIERS BRAVE DOWNPOUR FOR MARATHON

Soldiers from U.S. Army North and Fort Sam Houston ran a 26.2-mile marathon in a torrential downpour May 15 at Corpus Christi in honor of the men and women who have served in the Armed Forces. (Clockwise from bottom left) Capt. Christopher Sheldon, logistics officer, U.S. Army North; Maj. Elizabeth Gum, medical operations planning officer, ARNORTH; Sgt. 1st Class Michael Knott, communications noncommissioned officer, ARNORTH; 1st Sgt. Ramon Gomez, Headquarter and Headquarters Company, ARNORTH, and Maj. Armando Valdez, international military affairs plans officer, ARNORTH. Not shown is 1st Lt. Katherine Ireland, medical officer, Brooke Army Medical Center.



Courtesy photo

JBSA MILITARY GOLF CLASSIC



Photo by Chris Neubeck

Air Force Brig. Gen. Leonard Patrick (far left) and Col. Justin Woodhouse (far right) presented awards to golfers at the awards banquet after the Joint Base San Antonio Military Golf Classic. The tournament was held May 29, 30 and 31 at Randolph Air Force Base, Lackland Air Force Base and Fort Sam Houston, respectively.



Intramural Spring Softball Standings as of June 3

TEAM	W	L
1st ARSOUTH	7	0
2nd 470th MI	4	1
3rd SA Recruiting Bn.	4	1
4th BAMC Pharmacy	4	2
5th ARNORTH	3	2
6th IMCOM	3	3
7th 4th RECON	1	4
8th ISR	0	6
9th Silver Sluggers	0	6

Intramural Golf Standings as of June 1

Hogan Division	W/L/T
1st MEDCOM #4	22-10-0
2nd MEDCOM AHSMOC	18-12-2

3rd AMEDDC&S A	18-14-0
4th BAMC #2	17-14-1
5th 106th Signal Brigade	17-14-1
6th SRMC	13-15-4
7th ARSOUTH #1	13-16-3
8th HCAA	13-19-0
9th GARRISON	12-19-1
10th ARNORTH #2	12-20-0

Daley Division	
1st MEDCOM #3	17-10-1
2nd 502nd ABW	16-11-1
3rd ARNORTH #1	18-13-1
4th BAMC #1	16-12-0
5th MEDCOM #1	15-13-0
6th DCDD	13-13-2
7th ARSOUTH #2	10-18
8th MEDCOM #2	8-16-0
9th HHC, GARRISON	7-18-3
10th BY WEEK	0-32-0

Company C, 232nd Med. Bn. Score Softball Victory
Company C, 232nd Medical Battalion beat Company D, 232nd

Med. Bn. 7-3 to win the Brigade Post Season Softball Tournament June 1. They also won the regular season championship. The score was close throughout the game, with a tie of 3-3 after four innings. In the bottom of the fifth inning, Co. C scored two more runs to take a 5-3 lead, only to extend their lead in the next inning to 7-3, which led to the final score.

SUMMER YOUTH PROGRAMS

Youth Horsemanship Camp
Mon.-Fri. 9 a.m.-3 p.m. at the Equestrian Center
Dates: June 14-18, July 12-16, 19-23 or 26-30.

Children 7 to 17 years old will learn how to ride and care for a horse. Limited seats available. Call 224-7207 to register or for more information.

Voyage to Book Island Summer, through Aug. 22

Summer reading program at the Keith A. Campbell Library readers can register to participate in the program any time throughout the summer, choose books from any library or personal collection (as long as books are on or above child's reading level), and track of the hours he or she reads. Readers will have the chance to win prizes. The grand prize winner will get a four-pack of tickets to SeaWorld! Call 221-4702.

Teen Summer Trips
Mon. – Fri. 9 a.m.- 6 p.m.

The Middle School and Teen Center will host trips to water parks and amusement parks all over south Texas from Houston, New Braunfels, Corpus Christi, Austin and more. For children in ninth to 12th grades, must be reg-

istered with Parent Central 221-4871. Call 221-3164.

Swimming Lessons
Mon.-Fri. 9-9:45 a.m. or 11-11:45 a.m.
Dates: June 21-July 2, 12-23, July 26-Aug. 6

Fees: Ages 4-16, \$40 per DoD child, Ages 6 months-3 years \$35 per DoD child. An adult must accompany children ages 3 and under. Register at <https://webtrac.mwr.army.mil/> or call 221-1234.

Youth Center Summer Day Camp
Mon.-Fri. 6 a.m.-5 p.m.

Specialty camps offered weekly include: culinary arts, computers, digital arts/photography, crafts and sports. There will be weekly field trips to ZDT's, Malibu San Antonio, roller skating, ice skating, Silver Stars games, Splashtown, swimming, bowling and more! For children in sixth to 10th grade. To register, call Parent Central at 221-4871. For information about the program, call 221-3502.

EDGE! Summer Activities
Mon. – Fri. 8:30 a.m.-12:30 p.m.

Activities include: art, fitness,

cooking, kayaking, golf, boot camp, horse camp, field trips, hiking and more! For children in first to 12th grade. Child must be registered at Parent Central 221-4871 before enrolling in this program. Enrollment may be done at <https://webtrac.mwr.army.mil/> or through Parent Central. For information about the program, call 221-9754.

SAS Summer Camp
Mon.-Fri. 6 a.m.-6 p.m.

Activities include swimming, field trips, crafts, sports, outdoor adventures, computer time and more. For children in first to fifth grades. To register call Parent Central at 221-4871. For information about the program call 221-4466.

Jr. Golf Clinic, Mon. – Fri. 9 a.m. - 11 a.m.
Dates: July 12-16, or Aug. 9-13

The Jr. Golf Clinic will teach children age 7 to 17 years old proper swinging fundamental, golf etiquette and rules. Children are welcome to bring their own clubs, for those who do not have a set can borrow a pair from the Golf Club. For additional information, call 222-9694.

"See it, Send it"

- Texting: 834-4531
- E-mail: FtSamHoustonPolice@conus.army.mil
- Phone: 221-CLUE (2583) Leave a Message
- Phone: 221-2222 Military Police Desk

Take the Dare and Be Aware



Announcements

Lunch Buffet Price Change

The Sam Houston Club has increased the price of the lunch buffet to \$7.95/member and \$8.95/non-members.

Pool Time

The Aquatic Center, Building 3300, Williams Road, is open daily, noon-8 p.m. Lounge chairs are available, infants and toddlers can splash around in the kiddie pool and older children will have a blast on the three amusement park-style water slides. The pool can be reserved for private parties for \$100 per hour before opening or after regular pool hours. Must be a DoD I.D. cardholder, there is no limit to the amount of non-card holder guests. Call 221-4887.

Martial Arts Lessons

Child, Youth and School Services and the EDGE! Program will offer Kuk Sool Won Korean Martial Arts lessons throughout the summer. This study covers the entire spectrum of martial fighting arts and techniques

of body conditioning as well as mental development and training. Call 221-9854 or 771-2148.

Heart of Texas Triathlons

The 2010 Heart of Texas annual series of triathlons will be held June 20, June 27, July 11, July 25 and Aug. 15, a championship will be held Aug. 29. Participants must swim 200-meters, bike 10-miles, and run two miles in immediate succession. Participants must report to the Jimmy Brought Fitness Center between 5:15-5:45 a.m. on event days for packet pick up, number assignment, bike inspection and final instructions. For fees, registration or additional information call the Jimmy Brought Fitness Center at 221-1234. Open to the public.

HIRED! Apprenticeship Program

Are you 15-18 years old and looking for some extra cash this summer? Application deadline for the next 12-week HIRED! term is June 11. Work experience and training is extremely valuable for a highly competitive job market. Get field experience in child and youth development, marketing and graphic design, library and information science, food and beverage management, recreation and tourism management, information management, sports management, veterinary services and auto craft. Call 221-2336 for more information.

Soldier Entertainers Needed

If you can sing, dance, do come-

dy or play an instrument, now is your time to shine. The U.S. Army Entertainment Division and Family and Morale, Welfare and Recreation Command will judge entertainers and shows at all participating installations. The Festival of the Performing Arts Competition will feature the Fort Sam Houston Better Opportunities for Single Soldiers Variety Show entry called, "A Musical Rendezvous," June 20 at the Hacienda Recreation Center. For more information or to schedule an audition, call 224-7250.

Summer Activities/Camps for Kids

School will be out soon, avoid the stressors of who will be watching the kids when you're at work. From toddlers to teens, there will be no summer blues with the Child, Youth & School Services child care summer camps and field trips. Call Parent Central at 221-4871 to register your children, limited seats available.

Drag racing tickets

A limited number of complimentary tickets for the National Hot Rod Association Lucas Oil Drag Racing Series June 12-13 in Houston are available today and Friday at the Sam Houston Club ticket office, Jimmy Brought Fitness Center and the Family and MWR Marketing Department, Building 124 on Stanley Road. Your ticket will allow you to be a guest in Top Dragster and Super Comp driver Tina Stull's pit next to the track. Meet the drivers, enjoy free giveaways, drinks and snacks. One

complimentary ticket is required for each day of the race. For more information, visit www.houstonraceway.com or www.tinastullracing.com.

Harlequin Dinner Theatre

"Smokey Joe's Café" is a musical revue written by songwriters Jerry Leiber and Mike Stoller showcasing pop standards, rock 'n' roll and rhythm and blues songs of the 1950s and '60s. Performances are Thursdays, Fridays and Saturdays, June 17-July 24. Dinner begins at 6:15 p.m. dinner and the performance is at 8 p.m. Thursdays/\$29 and Fridays-Saturdays/\$32. Military I.D. cardholders pay \$26/Thursdays and \$29/Fridays-Saturdays. Call 222-9694.

H.U.G.S. playgroup

For parents and children birth-5 years old, the group meets Tuesdays 9-11 a.m. at Dodd Field Chapel, Building 1721 for interactive fun play. Registration is not required. Call 221-0349/2418.

Baby Talk

The group meets Tuesdays 1-2:30 p.m. at Dodd Field Chapel. This class is a discussion group for parents with children ages birth to 12 months. Light snacks and drinks provided. Call 221-0349/0655.

Calendar of Events

June 10

Commander/Senior Leader Training

The training is 8-10 a.m. at Army Community Service, Building 2797. This training is in accordance with AR 608-18, is required for commanders and first sergeants within 45 days following assumption of command, and fulfills the annual commander refresher training. Examines leadership roles and explains how to report abuse and prepare for the Case Review Committee to support Soldiers and their Family members. Call 221-0349/2418.

Mandatory Initial First Term Financial Readiness

The class is 10 a.m.-noon at Community Service, Building 2797 in the computer lab. To register, call

221-1612.

Immigration Services

Immigration and Naturalization Services are available Noon-2 p.m. to answer questions. Call 221-2418.

EFMP: What It Means to Me

The class is 1:30-4 p.m. at Army Community Service, Building 2797. This class will define what the Exceptional Family Member Program is all about and how it can help the entire Family. The class meets the second Thursday of each month. To register, call 221-2604/0285.

June 14

Family Readiness Support Assistant Training

The training is June 14-15, 8 a.m.-3:30 p.m. at Army Community Service, Building 2797. This training will orient and inform FRSAs about the roles and responsibilities of their position. To register, call 221-1829/2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Debt Liquidation

The class is 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

June 15

Microsoft Excel Level 2

The class is 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Basic computer skills, completion of Excel Level 1 and registration are required. Call 221-2518.

Women Encouraging Women

The seminar is noon-1 p.m. at Army Community Service, Building 2797 in Training Room 1. The topic of discussion is "Ladies are you stressed out? Have we got a solution for you!" To register, call 221-0349/2705.

Savings and Investing

The class is 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

June 16

Microsoft Word Level 2

The class is 8 a.m.-noon at Army Community Service, Building 2797 in the computer lab. Basic computer

Summer Movie Schedule

June 11 - "Imagine That" at the flagpole
June 12 - "Free Willy: Escape from Pirate's Cove" at Dodd Field
June 25 - "Fame" at the flagpole
June 26 - "Cloudy with a Chance of Meatballs" at Dodd Field
July 9 - "The Spy Next Door" at the flagpole
July 10 - "The Blind Side" at Dodd Field
July 23 - "Shorts" at the flagpole
July 24 - "Hachi: A Dog's Tale" at Dodd Field
The movie begins at about 8:30 p.m. or dusk. Bring a blanket, lawn chairs or pillows. Popcorn, snocones, and cotton candy will be provided. In the event of inclement weather, the movies will be shown at Army Community Service, Building 2797. Call 221-2705/2418.

skills and registration required. Call 221-2518.

Mandatory Initial First Term Financial Readiness

The class begins at noon at the Education Center, Building 2248. To register, call 221-1612.

June 17

S.T.E.P. for School Age Children

Systematic Training for Effective Parenting for school age children is 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. This four-part series focuses on assisting parents of school age children, addressing numerous issues and challenges. To register, call 221-0349/2705.

June 18

Movie at the Aquatic Center

Enjoy the free flick, "Over The Hedge," under the stars afloat or poolside at the Aquatic Center. Inner tubes will be allowed for safety purposes, no floats or rafts. Concession stands will be open. Call 221-4887.



**FORT
FREEBIES
FOR SALE**

For sale: 1969 Ford Mustang fastback, nice light yellow paint job, new black carpet, two door, air conditioning, new battery, power steering, 302 V-8 engine, two barrel carburetor. Call 722-3378.

For Sale: 2002 Yamaha U3 fully upright piano, bought in Japan, excellent condition, high-quality, beautiful sound, \$3,500: five piece drum set, with stool, good condition, \$200; BC Rich Warlock electric guitar, black with 30W amp and red velvet lined guitar case, black, all in excellent condition, very nice beginners, \$300. Call 290-8779.

For Sale: Boy's size 0-24 months and ladies plus-size clothes, \$.25 and up. Call 655-5016.

For Sale: Maytag electric washer

and GE electric dryer, \$350 for both. Call 589-3498.

For Sale: 1994 Cougar XR-7; \$1200; television entrainment stand, dark cherry finish, \$69; analog TV, \$49; both for \$100; 1992 Ford Econoline E-150 custom conversion van, loaded, electronic rust prevention; new alternator; TV/VCR, "asis," \$1200; three gym-style full length metal lockers linked together, \$49. Call 659-6741.

For Sale: 2000 Harley Davidson Fatboy, excellent condition, new tires, detachable windshield and backrest, saddle bags, new brakes, lots of extras, \$9,000 obo; set of Ping G2 3-PW irons, good condition, \$120 obo; Ping G-5 driver with cover, \$40 obo. Call 373-8469.

Free to a loving home: Black lab mix, female, 1-1/2 year old, spayed, very friendly, great with kids, up to date on shots. Call 666-2455 or 830-330-0444/0449.

To place a Freebie ad, e-mail news.leader@conus.army.mil or fax 221-1198.

Use your head . . .

Children on post are required to wear safety helmets when riding a bike, skateboard or scooter.



Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – June 11

Lunch – 11 a.m. to 1 p.m.

Shrimp gumbo, barbecued spareribs, barbecued beef brisket, beef fajita pitas, vegetable egg rolls, macaroni and cheese, steamed rice, lyonnaise potatoes, pinto beans, collard greens,

Dinner – 5 to 7 p.m.

Barbecued chicken, turkey chili macaroni, beef stew, breaded pork fritters, hopping John rice, parsley-buttered potatoes, steamed rice, mashed potatoes, herb broccoli, French-fried okra

Saturday – June 12

Lunch – noon to 1:30 p.m.

Yankee pot roast, Caribbean chicken breast, cheese tortellini, baked sweet Italian sausages, oven glo potatoes, baked egg noodles and cheese, steamed rice, lima beans, Creole summer squash, cauliflower

Dinner – 5 to 6:30 p.m.

Roast pork, spaghetti with meatballs, salmon croquettes, mushroom quiche, mashed potatoes, fried rice, baked potatoes, spinach, Brussels sprouts, mixed vegetables

Sunday – June 13

Lunch – noon to 1:30 p.m.

Meat loaf, pepper steak, breaded pork chops, macaroni and cheese, mashed potatoes, steamed rice, corn on the cob, wax beans with pimentos

Dinner – 5 to 6:30 p.m.

Baked chicken, barbecued beef cubes, potato frittata, breaded pork fritters, scalloped potatoes and onions, buttered egg noodles, baked potatoes

Monday – Jun 14 Army Birthday Meal Holiday Meal Rate \$7

Lunch – 11 a.m. to 1 p.m.

Steamship round of beef, southern fried catfish, French-fried shrimp, barbecued spareribs, honey-glazed Cornish hens, harvest brown and wild rice, baked macaroni and cheese, baked potatoes, whole kernel corn, broccoli with cheese sauce, glazed carrots, au jus gravy, hot dinner rolls, spring salad, Italian pasta salad,

Dinner – 5 to 6:30 p.m.

Turkey Creole macaroni, baked ham with pineapple sauce, Southern fried

chicken, cheese ravioli, candied sweet potatoes, red beans and rice, mashed potatoes, asparagus, cauliflower polonaise, succotash

Tuesday – June 15

Lunch – 11 a.m. to 1 p.m.

Beef fajitas, barbecued roast pork, turkey ala king, roast pork, breaded chicken patties, baked egg noodles and cheese, balsamic roasted sweet potato wedges, steamed rice, fried cabbage, Calabasita squash,

Dinner – 5 to 7 p.m.

Sweet and sour chicken, pork chops Mexicana, oven roast beef, vegetable egg rolls, steamed rice, mashed potatoes, baked potatoes, zucchini squash, Mexican corn, carrots

Wednesday – June 16

Lunch – 11 a.m. to 1 p.m.

Apple-glazed corned beef, fried chicken, parmesan baked fish, Swiss steak with brown gravy, broccoli quiche, rice and parmesan cheese, parsley tri-colored noodles, parsley-buttered potatoes, beets in orange-lemon sauce, peas and carrots, buttered cabbage, wax beans with pimentos

Dinner – 5 to 7 p.m.

Grilled polish sausages, beef yakisoba, salmon croquettes, chicken parmesan, broccoli, rice and cheese casserole, beef stir fry, parsley-buttered potatoes, steamed rice, spaghetti noodles

Thursday – June 17

Lunch – 11 a.m. to 1 p.m.

Chicken stir-fry, breaded pork chops, spaghetti with meat sauce, honey-glazed Cornish hens, spaghetti with marinara sauce, steamed rice, rice pilaf, O'Brien potatoes, fried noodles, yellow squash, club spinach

Dinner – 5 to 7 p.m.

Breaded veal steaks with mushroom gravy, pork chop suey, beef and broccoli, red beans and rice, teriyaki chicken, mashed potatoes, steamed rice, pork fried rice, baked potatoes, cauliflower, green peas, vegetable stir-fry

Menus are subject to change without notice

Religious Briefs

High Seas Expedition

Come join us for Vacation Bible School! It's a High Seas Expedition for children where they are "Exploring the Mighty Love of God." This year's Vacation Bible School sets sail for the imaginary high seas at Dodd Field Chapel. Each day will be filled with Bible learning experiences for kids to see, touch, and

even taste. We will have Clipper Ship Crafts, Bible Story Voyages, Singing, Ship-Rec Games, and a whole lot of fun. The High Seas Expedition Vacation Bible School is for children in preschool through (those who have completed) fifth grade. Register online at <http://www.sam-houston.army.mil/chaplain/vbs>. We set sail every day, from June 13 through 17, 5:30 to 8:30 p.m. For more information e-mail robb.wood@us.army.mil or call 221-3749.



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays

Protestant Services - Sundays:

8 a.m. - Collective Protestant
11 a.m. - Collective Protestant

Jewish Services:

379-8666 or 493-6660
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays
6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day

Saints:

8:30 a.m. - Sundays